

### *Thai Green Curry Steak*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Bring a saucepan of water to a boil.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Knife & Fork Grilled Cheese*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From your Pantry</b>	You'll need olive oil, eggs, salt and pepper.
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## Quick Tips



### *Honey-Glazed Salmon*

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 425.
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<b>From your Pantry</b>	You'll need olive oil, eggs, and salt and pepper.
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### *Chicken Enchiladas Verde*

<b>25 Min</b> to Table	<b>45 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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<b>Getting Started</b>	Preheat your oven to 375. & put a pot of water on to boil.
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### *Asparagus Rice Bowl with Miso Mustard Vinaigrette*

<b>35 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Put a saucepan of water onto boil and preheat oven to 400.
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<b>From your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Andouille Sausage and Egg Burrito*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Prep and heat your sausage.

#### **From Your Pantry**

You'll need some olive oil, eggs, salt and pepper.

### *Mediterranean Flatbread*

**40 Min**  
to Table

**10 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 425 & take dough out of fridge.

#### **From your Pantry**

You'll need flour, olive oil, salt and pepper.

#### **Omnivore Option**

Shrimp works well in this meal.

### *Bourban and Bacon Steak Sliders*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat oven to 350.

#### **From Your Pantry**

You'll need olive oil, butter, salt and pepper

### *Grilled Romaine Salad with Lemon Chive Chicken*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat olive oil in a large skillet.

#### **From your Pantry**

You'll need olive oil, salt and pepper.

### *Red Pepper Shrimp with Feta and Orzo*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a saucepan of water to boil.

#### **From Your Pantry**

You'll need olive oil, salt, pepper, and butter.

### *Parmesan Lemon-Chai Rigatoni with Broccoli*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 400 and put water on to boil.

#### **Omnivore Option**

Sausage tastes great with this recipe.

#### **From your Pantry**

Olive oil, salt & pepper; sugar & cayenne optional.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Thai Green Curry Steak	600	34	33	40 CC 21	3	990	12	21	140% Vitamin C	30% Vitamin A
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC38	7	151	26	10	154% Vitmain A	41% Vitamin C
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Bourbon and Bacon Steak Sliders	970	66	46	69 CC 24	4	1600	20	34	40% Calcium	25% Vitamin A
(use 1/2 the buns, and cheese)	700		34					23		
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Knife & Fork Grilled Cheese	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
(use 1/2 the bread, place egg on top of cheese)	565		30					16		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Andouille Sausage and Egg Burrito	980	40	49	95 CC 34	9	1490	11	27	150% Vitmain C	
(use 1/2 the tortilla and cheese)	690		37					17		
Mediterranean Flatbread	900	22	61	71	9	1369	x	32	285% Vitamin A	11% Vitamin B-12
(½ cheese, ½ date glaze)	590		32					21		
Grilled Romaine Salad with Lemon Chive Chicken	390	65	5	29	10	240		2	385% Vitamin A	233% Vitamin C
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

**Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.**

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.*

*And, of course, if you have leftovers, the actual numbers will be lower.*

# Thai Green Curry Steak

We love a dinner that's low on fuss and high on flavor, and this one knocks it out of the park. We're pairing a mellow green curry with seared steak strips, green beans, peppers and baby corn, then serving it over jasmine rice. Super simple, super delicious.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Jasmine Rice  
Steak  
Baby Corn, Green  
Beans & Peppers  
Green Curry Sauce

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 21g**.

Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat and sauté the cauliflower rice until browned, about 3 to 4 minutes. Use in place of the rice.

**Health snapshot per serving** – 600 Calories, 33g Fat, 40g Carbs, 34g Protein, and 21 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Coconut Milk, Jasmine Rice, Baby Corn, Red Bell Pepper, Green Beans, Tamari, Green Curry, Lime, Garlic, Basil, Cilantro, Sugar, Ginger, Fish Sauce, Miso.



### 1. Get Organized

Bring a medium saucepan of water to a boil.

### 2. Cook the Ingredient

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well, then return the saucepan, fluff with a fork, cover and set aside until step 5.

### 3. Cook the Steak

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season with salt and pepper. When the oil is hot, add the steak and cook until the bottoms brown and sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**.) Transfer to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into ½" strips.

### 4. Create the Green Curry

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Baby Corn, Green Beans & Peppers** and cook, stirring frequently, until the peppers char, about 5 to 6 minutes. Add the **Green Curry Sauce** and bring to a low boil, then reduce the heat to low and simmer, stirring occasionally, until the sauce thickens slightly, about 4 to 5 minutes. Turn off the heat and add the cooked steak. Stir until well coated.

### 5. Put It All Together

Serve the curry over the jasmine rice. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

## Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

### Getting Organized

#### EQUIPMENT

2 Large Skillets  
Casserole Dish  
Large Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 7 MEEZ CONTAINERS

Chicken Breasts  
Veggies  
Chihuahua Cheese  
Salsa Verde  
Corn Tortillas  
Rice  
Lime

### Make The Meal Your Own

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**Health Snapshot Per Serving-** 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

**meez** *meals*



### 1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

### 2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

### 3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

### 4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

### 5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

**35** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan with  
cover  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Himalayan Red &  
Brown Rice  
Asparagus  
Carrots  
Hazelnuts  
Miso Mustard  
Vinaigrette  
Maple Glaze

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the rice bowl prior to adding the carrots and sauce in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash, salt & pepper and cook over medium-high heat with 1 Tbsp olive oil until they start to char, about 3 minutes.

**Health snapshot per serving** – 330 Calories,  
7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

*meez* meals

*It doesn't matter  
how much water  
you use in the pot  
as long as there is  
enough to keep the  
rice entirely  
submerged during  
cooking.*

### 1. Cook the Rice

Bring a large pot of water to boil over high heat.

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

### 2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

### 3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

### 4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

## Red Pepper Shrimp with Feta and Orzo

Roasted red peppers make for a creamy-without-the-cream sauce that makes a healthy dinner feel indulgent. With sautéed shrimp, flavorful feta, olives and orzo pasta, it's a 15-minute dinner you'll love.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp per svg.)

#### 6 MEEZ CONTAINERS

Orzo  
Red Bell Peppers  
Roasted Red Pepper  
Sauce  
Shrimp  
Olives, Capers & Red  
Onions  
Feta & Herbs

### Good to Know

If you ordered the **carb conscious version**, we sent you zucchini instead of orzo, reducing the **carbs per serving to 19g**. Before step 2, add the zucchini rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place directly on your serving dishes.

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health snapshot per serving** – 440 Calories, 38g Protein, 15g Fat, 41g Carbs, 9 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Red Bell Pepper, Roasted Red Pepper, Orzo, Feta, Red Onion, Black Olives, Lemon Juice, Kalamata Olives, Capers, Garlic, Parsley, Lemon Pepper, Oregano

meez *meals*

**1. Get Organized**

Bring a saucepan of water to a boil.

**2. Cook the Pasta**

Add the **Orzo** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain and transfer to serving bowls.

**3. Sear the Red Bell Peppers**

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Red Bell Peppers** and cook until they start to char, about 3 to 4 minutes. Add the **Roasted Red Pepper Sauce** and heat until bubbling, about one minute. Pour the contents of the skillet directly over the orzo in the serving bowls. Wipe out the skillet.

**4. Cook the Shrimp and Veggies**

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the shrimp and cook until they are opaque and no longer grey in color, about a minute on each side. Remove from the skillet and transfer to a cutting board. Cut each shrimp in half. Wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Olives, Capers & Red Onions** and cook until the capers start to pop and are toasted, about 3 minutes. Add 1 Tbsp of butter and stir until it melts, then turn off the heat. Add the halved shrimp to the skillet and stir well.

**5. Put It All Together**

Serve the shrimp and veggies on top of the orzo and red peppers, and sprinkle with the **Feta & Herbs**. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Bourbon & Bacon Steak Sliders

Bourbon and apple cider add a depth of flavor to sauces that's uniquely American. Paired with bacon and grilled onions, and our sliced bistro chateau steak, then smothered with melted cheese, it makes a slider that's a down-home favorite.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (½ Tbsp per svg)

### 6 MEEZ CONTAINERS

Steak  
Slider Buns  
Gouda & Cheddar  
Bacon & Onions  
Bourbon & Cider  
Arugula

## Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of the slider buns, reducing the **carbs per serving to 24g**. After step 2, sauté the peppers in the large skillet until charred, about 5 to 6 minutes. Remove and place directly on your serving plates and top with the cheese. Serve the steak, sauce, and arugula on top of the cheesy peppers.

**Health snapshot per serving** – 970 Calories, 46g Fat, 69g Carbs, 66g Protein, and 34 Freestyle Points.

**Lightened-up health snapshot per serving** – 700 Calories, 34g Fat, 41g Carbs, and 23g Freestyle Points, by using half of the buns and half of the cheese and eating the sliders open face.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Slider Buns, Apple Cider, Yellow Onion, Gouda, White Cheddar, Bacon, Arugula, Dijon Mustard, Bourbon, Brown Sugar, Apple Cider Vinegar, Black Pepper

  
meez meals

### 1. Get Organized

Preheat your oven to 350.

### 2. Cook the Steaks

Heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry with a towel and season generously with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip and continue cooking 3 minutes (**medium** 4 minutes, **well done** 5 to 6 minutes).

Set aside to rest for 5 minutes, then place horizontally on a cutting board and cut into ½" strips. Wipe out the skillet.

### 3. Toast the Buns

While the steaks are resting, place each set of **Slider Buns** cut-side up on a baking sheet. Spread an even layer of **Gouda & Cheddar** over the buns, edge to edge. Bake until the cheese is melted, about 5 minutes.

### 4. Create the Bourbon Bacon Sauce

While the buns are toasting, heat the now-empty skillet over medium-high heat. Add the **Bacon & Onions** and cook until the bacon is crispy, about 4 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

Add the **Bourbon & Cider** to the skillet and bring to a boil. Lower the heat to medium and simmer until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat and add 1 Tbsp butter and the cooked bacon and onions. Stir well.

### 5. Put It All Together

Place sliced steak on the bottom slider buns, then top with the bourbon bacon sauce, **Arugula**, and top bun. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

## Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Beets & Parsnips  
Cucumber Salad  
Sour Cream Dressing  
Salmon  
Honey Glaze

### Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 34g**. In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

**Our salmon** is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

**Health snapshot per serving** –540 Calories, 24g Fat, 38g Protein, 46g Carbs, 10 Freestyle Points.

**Cooking dairy free?** We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Salmon, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

*meez* meals



### 1. Getting Started

Preheat oven to 425.

### 2. Roast the Vegetables

Toss the **Beets & Parsnips** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 16 to 18 minutes. Remove from the oven and set aside.

### 3. Make the Cucumber Salad

While the Beets & Parsnips are roasting, combine the **Cucumber Salad** with the **Sour Cream Dressing** in a mixing bowl, toss and place in the refrigerator until ready to serve.

### 4. Cook the Salmon

Dry the **Salmon** and place in a Ziplock bag or small bowl. Pour half of the **Honey Glaze** into the ziplock bag and let marinate for at least 5 minutes.

When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Discard the marinade inside the ziplock bag.

Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

### 5. Put It All Together

Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

*Save the remaining 1/2 of the honey glaze not used to marinate the salmon for the final section of step 4*

*Soak the skillet in water right away so the glaze doesn't get stuck on.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per svg.)

### 5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

## Good To Know

**Integrate into recipe:** Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good To Know

**Health snapshot per serving** – 820 Calories, 42g Protein, 53g Fat, 45g Carbs, 24 Freestyle Points

**Lightened-Up Health snapshot per serving** – 660 Calories, 45g Fat, 34g Carbs, 19 Freestyle Points by using half the bread and eating as an open-faced sandwich and  $\frac{3}{4}$  of the cheese. Serve the egg on top.

**SCAN QR CODE to view  
YouTube cooking video**



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

*meez* meals

### 1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

### 2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

### 3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to a now-empty baking sheet. Wipe out the skillet.

### 4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the squash over the cheese, followed by the dressed kale, and top with another portion of cheese. Leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

### 5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

### 6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is  
for eggs  
to be over-  
medium.  
Cook less  
for a  
runnier  
yolk or  
longer for  
firmer.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Sugar (Optional)  
Cayenne  
(Optional)

### 5 MEEZ CONTAINERS

Walnuts  
Broccoli  
Rigatoni  
Lemon-Chai  
Vinaigrette  
Parmesan  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce in Step 5.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good To Know

If you're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

**Health snapshot per serving** –850 Calories, 52g Fat, 76g Carbs 26g Protein, 30 Smart Points

**Lightened up health snapshot per serving** – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

### 1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

### 2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*Your nuts are done when the sauce begins to stick to them.*

### 3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

### 4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

### 5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Andouille Sausage and Egg Burrito

We're making an all-American burrito with potatoes, butternut squash and bell peppers, andouille sausage and white cheddar. With scrambled eggs and a creamy Avocado Ranch dressing, this is a new favorite.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Mixing Bowl  
Small Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (3)

### 6 MEEZ CONTAINERS

Andouille Sausage  
Potatoes, Squash & Onion  
Cheddar & Gouda  
Spinach Tortilla  
Tomatoes & Peppers  
Avocado Ranch

## Good to Know

If you ordered the **Carb Conscious version**, we sent you spinach instead of the tortillas, lowering the **carbs to 34g per serving**. Wilt the spinach with the veggies in step 2 and combine all of the ingredients into a hash. Top everything with the Avocado Ranch.

**Health snapshot per serving** – 980 Calories, 49g Fat, 40g Protein, 95g Carbs, 27 Freestyle Points

**Lightened-up health snapshot per serving** –690 Calories, 37g Fat, 63g Carbs, and 17 Freestyle Points using half of the tortilla and half of the cheese.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Andouille Sausage, Spinach Herb Tortillas, Butternut Squash, Yukon Potatoes, Yellow Onion, Tomato, Red Bell Pepper, Mayonnaise, White Cheddar, Gouda, Avocado, Lemon, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meez *meals*

### 1. Brown the Andouille

Cut each **Andouille Sausage** in half lengthwise and then into ½" half-moons. Add the sliced andouille to a large skillet over medium-high heat. Cook, stirring occasionally, until they start to brown and crisp on the edges, about 3 to 4 minutes. Transfer to a large mixing bowl and set aside. Do not wipe out the skillet.

### 2. Finish the Burrito Filling

Add the **Potatoes, Squash & Onion** to the now-empty skillet. Cook until the potatoes start to brown and are fork tender, about 8 to 10 minutes. Transfer the contents of the skillet to the mixing bowl with the sausage, then immediately add the **Cheddar & Gouda** to the bowl and mix. Do not wipe out the skillet.

Whisk 3 eggs in a small bowl and cook in the now-empty skillet over medium heat as you would scrambled eggs (folding the eggs over for about 2 to 3 minutes until no longer runny). Transfer the scrambled eggs to the mixing bowl and give a gentle stir. Wipe out the skillet.

### 3. Assemble the Burritos

Add half the contents of the mixing bowl to the center of the **Spinach Tortilla** and top with half the raw **Tomatoes & Peppers**. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

### 4. Finish the Burritos

Place each wrapped burrito, seam side down, in the now-empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes. Flip and repeat with the other side. Cut the burrito in half at an angle for easy dipping into the **Avocado Ranch**. Enjoy!

*The Andouille Sausage is already fully cooked. This step is just about browning it.*

*Add the cheese right away to ensure it melts.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

**35** Minutes to the Table

**10** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Kale  
Pizza Dough  
Sage Glaze  
Gouda &  
Mozzarella  
Dates & Capers

## Add Protein Cooking Instructions

**Integrate into recipe:** While the flatbread is in the oven, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the pizza when it comes out of the oven.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 900 Calories, 22g Protein, 61g Fat, 71g Carbs, 32 Smart Points

**Lightened up snapshot** – 590 Calories, 32g Fat, 21 Smart Points with half the cheese and the glaze.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez *meals*



### 1. Getting Organized

Preheat your oven to 400 and take the pizza dough out of the refrigerator.

### 2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with olive oil and a generous pinch of salt. Toss well and bake until it starts to crisp, about 12 to 15 minutes.

### 3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle the baking sheet with lots of flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers and making sure to spread it all the way to the edges. Top with the baked kale, pushing it down on to the dough a bit.

Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

Drizzle extra glaze on top to taste. Enjoy!

*Don't forget to take  
out the dough.  
Warmer dough is  
easier to work with!*

*We usually make two-  
person pizzas - ours  
are about 8" wide and  
14" long.*

*We may have given  
you extra toppings,  
(like kale) don't  
worry! They make a  
great side dish!*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***

# Grilled Romaine Salad with Lemon Chive Chicken

Grilled romaine is one of our favorite tricks for upgrading a healthy salad into a superstar meal. We're serving it this week with chicken breast, a bright lemon-chive dressing, and topping it all with healthy cauliflower "bacon" crumbles. It's a speedy, healthy dinner that's on the table in a heartbeat.

## Getting Organized

### EQUIPMENT

Large Skillet  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Romaine Lettuce  
Cauliflower "Bacon" Crumbles  
Yellow Grape Tomatoes  
Pickled Red Onions  
Lemon-Chive Dressing

## Make The Meal Your Own

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

## Good To Know

**Health snapshot per serving** – 390 Calories, 65g Protein, 4g Fat, 29g Carbs, and 2 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Chicken, Romaine Lettuce, Yellow Grape Tomatoes, Cauliflower, Red Onion, Mayonnaise, Chives, Lemon, Tamari, Chipotles in Adobo, Smoke Flavor, Vinegar, Maple Syrup Brown Sugar, Paprika, Sugar, Kosher Salt, Black Pepper,

*meez* meals

### 1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Remove from the heat and set aside. Do not wipe out the pan.

### 2. Grill the Romaine

Cut the **Romaine Lettuce** head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper.

Return the now-empty skillet to the stove over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces. Wipe out the skillet.

*Fan out the  
romaine  
leaves so  
that the  
inside gets  
the oil, salt,  
and pepper  
as well.*

### 3. Make the Cauliflower "Bacon" Crumbles

Return the now empty skillet to the stove over medium-high heat with 1½ Tbsp olive oil. When the oil is hot, add the **Cauliflower "Bacon" Crumbles** and sauté until they start to crisp and all the sauce is completely evaporated, about 3 minutes. Turn off the heat.

### 4. Putting It All Together

Drain the excess liquid from the **Pickled Red Onions** and layer over the chopped romaine and **Yellow Grape Tomatoes** (sliced in half if you prefer). Place the chicken breast on top and drizzle everything with the **Lemon-Chive Dressing**. Sprinkle the Cauliflower "Bacon" Crumbles over top and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**